



MARSH CREEK TRACK OUT X-PRESS PROGRAM- TRACK 1

WEEK OF DECEMBER 5-9



TIMES	MONDAY 12/5	TUESDAY 12/6	WEDNESDAY 12/7	THURSDAY 12/8	FRIDAY 12/9
7:30	Choice play activities 7:00AM-9:00AM Marsh Creek Superheroes!				
8:00					
8:30					
9:00	Snack	Pick up at 9:00 Raleigh Grande The new Muppets 9:30-12:00 Depart at 12:00 Popcorn & Drink \$3.00	Snack	Snack	Snack
9:30	Open Assembly Superhero Quiz		Open Assembly Superman muscles	Open Assembly X-Ray Vision	Open Assembly Blind Guidance
10:00	Outside: Bean Bag Attack		Nature: Outside Super Animals	Music: Outside Make up your own superhero song	Outside: Joker's Stone Face Challenge
10:30			Lunch	Gym games: Superman Tag Kryptonite Hot Potato	Gym games:
11:00	Gym games: Spider Ball The Web		Pick up at 11:30 Jellybeans (Cary) 12:00-2:00 Depart at 2:00 Money Optional		Super-Duper obstacle course
11:30					
12:00					
12:30	Lunch	Lunch		Lunch	Lunch
1:00	Quiet time Zip, Zap Zoom	Quiet time Who am I?		Quiet time Where am I?	Movie Hercules Popcorn & Drinks
1:30					
2:00	Art project: Puppet Super hero's	Cooking Project: Superhero Chocolate delight		Art project: Power Portraits	
2:30			Quiet time		
3:00	Gym games: Catch the Villain	Outside: Kickball on the field	Gym games: Kryptonite Disposer Race	Gym games: Shipwreck	Gym games: Human Foosball
3:30					
4:00	Snack	Snack	Snack	Snack	Snack
4:30-6:30	Choice play activities				



Fieldtrip



Special Program/Movie




Art/Cooking Project



MARSH CREEK TRACK OUT X-PRESS PROGRAM- TRACK 1

WEEK OF DECEMBER 12-16



TIMES	MONDAY 12/12	TUESDAY 12/13	WEDNESDAY12/14	THURSDAY 12/15	FRIDAY 12/16
7:30	Choice play activities 7:00AM-9:00AM Marsh Creek Superheroes!				
8:00					
8:30					
9:00	Snack	Snack	Snack	Snack	Holiday Party
9:30	Open Assembly Heads or Tails	Open Assembly Count off	Open Assembly Coin Rugby	Open Assembly Human Letter	
10:00	Outside activities: Name-It Ball	Snack	Nature Super explosion	Art project: Sticker Photo Frame	Gym games: Ultimate Dodge ball
10:30		Pick up at 10:30			
11:00	Gym games:	AMF Bowling 11:00-1:00 Depart at 1:00 Money is optional for snack bar.	Lunch	Gym games: Cats in the corner Double circles	Art/Cooking Project: Candy cane Reindeer Holiday picture art
11:30	Human Pacman Elves, giants & wizards		Pick up at 11:30		
12:00				BigEBounce 12:00-2:00	Lunch
12:30	Lunch		Depart at 2:00 Money is optional for snack bar.	Quiet time: Mum Ball	
1:00	Quiet time Two Truths and a lie	Lunch			Quiet time
1:30					
2:00	Art Project: Magic Color Mask	Quiet time	Money is optional for snack bar.	Outside: Spud Spot the Lion Playground	We would like for each family to bring a holiday dessert. Dress in red or green, we might have a special guest! 
2:30		Clinic: Counselor Hero			
3:00	Outside activity: Sidewalk Chalk	Outside: Playground tag	Outside activity: Glow stick relay	Gym games: Straddle Ball	
3:30					
4:00	Snack	Snack	Snack	Snack	
4:30-6:30	Choice play activities				



Fieldtrip



Special Program/Movie



Art/Cooking Project

 Fieldtrip
  Special Program/Movie
  Art/Cooking Project

Marsh Creek Track Out

Track 1– Week 1



Welcome back Track 1 for your second time with us this year! Any questions you have we will be more than happy to answer them for you. We have new counselors that are with us, Melissa, Josh, Will, and Seth.

Participants need to either wear or bring tennis shoes everyday to camp! We want your child to be safe when participating in activities.

Field Trips and More!

Raleigh Grande– The movie we will see is “The new Muppet Movie”. Money for concessions is optional. Kid’s drinks and popcorn will be \$3 each. 4840 Grove Barton Rd Raleigh, NC 27613

Jelly Beans (Cary)– Participants will have an opportunity to skate, play video games, and eat at the snack bar. Extra fees for video games, and snack bar are optional. Skating is free however if your child want in-line skates they need to bring \$1.00. Children will need long socks. 1120 Buck Jones Road, Raleigh NC 27606.

- Make sure upon your child entering the program, that they wash their hands.
- Each day at lunch we offer the children milk to drink.
- During rest time we like for children to bring a book to read for the first 10 minutes. We recommend that your child brings a blanket or large towel to sit or lay on for quiet time.

Please remember to send 2 healthy snacks and a lunch with your child each day.

Don’t forget to pick up your child you will need to show your “Blue” security tag.

We do have a short quiet time at track out. During this time please have your child bring a book for 10 minute reading. They can bring a blanket to rest on as well.



Jacque Allen Director, 919-996-4920

Marsh Creek Track Out

Track 1– Week 2



Welcome back Track 1 for your second time with us this year! Any questions you have we will be more than happy to answer them for you. We have new counselors that are with us, Melissa, Josh, Will, and Seth.

Participants need to either wear or bring tennis shoes everyday to camp please! We want your child to be safe when participating in activities.

Field Trips and More!

AMF Bowling– Please make sure your child has socks. Snack bar is available and is optional. The address is: 5501 Commercial Avenue, Raleigh NC 27612 (919) 783-0080

BigEBounce- Participants will enjoy inflatable rides AND Big screen Game systems all in one place! Socks are required to play on the inflatable rides. Money is optional for snack bar. 1006 SW Maynard Road, Cary, NC 27511.

- Make sure upon your child entering the program, that they wash their hands.
- Each day at lunch we offer the children milk to drink.
- During rest time we like for children to bring a book to read for the first 10 minutes. We recommend that your child brings a blanket or large towel to sit or lay on for quiet time.

Please remember to send 2 healthy snacks and a lunch with your child each day.

Don't forget to pick up your child you will need to show your "Blue" security tag.

We do have a short quiet time at track out. During this time please have your child bring a book for 10 minute reading. They can bring a blanket to rest on as well.



Jacque Allen Director, 919-996-4920

Marsh Creek Track Out

Track 1– Week 3



Welcome back Track 1 for your second time with us this year! Any questions you have we will be more than happy to answer them for you. We have new counselors that are with us, Melissa, Josh, Will, and Seth.

Participants need to either wear or bring tennis shoes everyday to camp please! We want your child to be safe when participating in activities.

Field Trips and More!

We are closed on December 21, 22, and 23. We hope that you have a wonderful and safe holiday season!

- Make sure upon your child entering the program, that they wash their hands.
- Each day at lunch we offer the children milk to drink.
- During rest time we like for children to bring a book to read for the first 10 minutes. We recommend that your child brings a blanket or large towel to sit or lay on for quiet time.

Please remember to send 2 healthy snacks and a lunch with your child each day.

Don't forget to pick up your child you will need to show your "Blue" security tag.

We do have a short quiet time at track out. During this time please have your child bring a book for 10 minute reading. They can bring a blanket to rest on as well.



Jacque Allen Director, 919-996-4920